

Strawberry Pineapple Lemonade

This frothy, fruity lemonade is a perfect treat for big and small kids!

Makes 4 servings. *1½ cups per serving.* | **Prep time:** 5 minutes

4 cups 100% pineapple juice
2 cups sliced fresh or frozen strawberries

¼ cup fresh lemon juice
½ cup water
Ice

1. Put all ingredients except ice in a blender container; cover with a tight fitting lid, and blend until mixture is smooth.
2. Pour into glasses over ice cubes and serve.



Mango Pineapple Slush

For a tropical twist, add a few drops of coconut extract to this recipe.

Makes 6 servings. *1 cup per serving.* | **Prep time:** 5 minutes | **Chill time:** overnight

3 cups fresh or frozen mango cubes, thawed

2 cups 100% pineapple juice

1. Put mango in a blender container and cover with a tight fitting lid.
2. Blend until smooth. Add pineapple juice and stir.
3. Pour into a plastic or glass dish (freezer safe), cover and freeze overnight or until very firm.
4. Scrape the mixture with a fork until fluffy. Freeze again and then scrape with a fork. Mixture may be frozen again or served immediately.

**Strawberry
Pineapple
Lemonade**

**Nutrition
information
per serving:**

Calories

160

Carbohydrate

40 g

Dietary Fiber

2 g

Protein

2 g

Total Fat

1 g

Saturated Fat

0 g

Trans Fat

0 g

Cholesterol

0 mg

Sodium

10 mg

**Mango Pineapple
Slush**

**Nutrition
information
per serving:**

Calories

210

Carbohydrate

46 g

Dietary Fiber

5 g

Protein

4 g

Total Fat

3 g

Saturated Fat

1.5 g

Trans Fat

0 g

Cholesterol

10 mg

Sodium

130 mg

